



UPCOMING EVENTS:

Feb. 2 & 16

Mar. 2 & 16

Commissioner Teel's
Pre-Agenda meetings

Feb. 23 & Mar 2

Mar 30 & Apr 1

AARP Driver's Safety
Program

Apr. 13

Summer Camp

Registration Begins for
Fort Lauderdale Residents

April 27

Summer Camp

Registration Begins for
Fort Lauderdale
Non-Residents

May 6

Beach Luau Luncheon

Registration Begins

Beach Community Center

3351 NE 33rd Ave

Fort Lauderdale, FL 33308

Phone: (954) 828 - 4610

Webpage: www.fortlauderdale.gov/life



AMENITIES

Fitness Room

Showers and Locker Rooms

Certified Fitness Instructors

Large ballroom with

Computer lab

What's Inside:

Day Trip Adventures	Break away with Trips and Tours. Have no worries about driving, gas prices or parking. Sit back and enjoy the ride.
Dance, Dance, Dance	The Beach Community Center is the place to kick up your heels with graceful Ballroom instruction & lively Line Dancing.
Fun and Games	Bridge, Duplicate Bridge, Table Tennis, Bingo and Mahjongg will "keep you on your game", alert and in contact with new and old friends.
Explore your creativity	A "Touch of Monet" water color exploration with instruction from renowned local artist Timothy Leistner. Beginning artists to the accomplished painters welcome.
Welcome to the age of technology	Our friendly computer lab is an easy unassuming place to learn about computers and step into the world of cyberspace.
Fitness Classes	Physical activity is the key to maintaining a healthy body weight, preventing disease and feeling better. A growing body of research shows that physically active adults and children are less prone to obesity, diabetes, heart disease and even depression. The Beach Community Center in cooperation with Broward Health offers a wide range of fitness opportunities.
Great Summer Jobs!!	If you enjoy working with youth or aquatics, visit our website for an application (www.fortlauderdale.gov/jobs).

Health and Wellness



Power Lunch Crunch	An energetic midday boost	Tues. & Thurs.	Feb. 3 - May 28	12:15-1:15pm	\$7 res. \$8 non res.
Senior Strengthening	Stay Healthy for life	Fridays	Feb. 6 - May 29	12:15-1:15 pm	\$7 res. \$8 non res.
Chair Yoga	Stretch gently	Mon. & Wed.	Feb. 2 - May 27	12:15-1:15 pm	\$7 res. \$8 non res.
Body Sculpting	Shape & Tone	Mon., Wed. & Fri.	Feb. 2 - May 29	9:00-10:00 am	\$7 res. \$8 non res.
Pilates	Strengthen your core	Tues. & Thurs.	Feb. 3 - May 28	10:00- 11:00 am	\$9 res. \$10 non res.
20-20-20	This workout does it all!	Tues. & Thurs.	Feb. 3 - May 28	8:30 - 9:30 am	\$9 res. \$10 non res.
Yoga	Find Balance and Harmony	Mon., Wed. & Fri.	Feb. 2 - May 29	10:30am-12:00pm	\$9 res.
		Tue. & Thurs.	Feb. 3 - May 28	6:15 pm–7:45 pm	\$10 non res.
Kickboxing	High intensity overall body workout	Mon., Wed	Feb. 2 - May 27	6:00p-7:00p	\$9 res. \$10 non res.



Arts and Culture

FREE MOVIES!

Join us for a blockbuster film every Tuesday morning from 10:00-noon.

Beginner Line Dance	No partner required	Thursday	Feb. 5–March 26	9:30-10:30am	\$4 res. \$6 non res.
Line Dance	No partner required	Thursday	Feb. 5– May 28	10:30-noon	\$5 res. \$7.50 non res.
Evening line dance	Learn new dances	Wednesday	Feb. 4– May 27	6:30-8:00 pm	\$5 res. \$7.50 non res.
Afternoon Ballroom Dance	Dance like the stars	Mondays	Feb. 2– May 25	2:00-3:30 pm	\$5 res. \$7.50 non res.
Ballroom Dance	Don't be a wall-flower	Tuesdays	Feb. 3– May 26	6:30-8:00 pm	\$5 res. \$7.50 non res.
A Touch of Monet Water Color class	Explore water color painting. Each session is five weeks	Fridays	Feb 20– Mar 20	Noon-2:30 pm	\$60 res.
			Mar 27- Apr 24		\$90 non res. Per session

Fun and Games



Open Ping Pong Play	Great mental & physical workout	Mon & Wed Thursdays	Feb. 2 - May 28	8:30-11:00 am 12:30-3:00 pm	FREE
Beach cash Bingo	CASH Payouts!	Fridays	Feb 6 - May 29	11:00 am - 2:00 pm	Packages start at \$6
Mahjongg	Game of tiles	Wednesdays	Feb. 4 - May 27	1:00-4:00 pm	FREE
Party Bridge Play	Just for fun	Thursdays	Feb. 5 - May 28	12:30-3:30 pm	FREE
Duplicate Bridge	Earn Master Points	Tuesdays	Feb. 3 - May 26	12:30-4:00 pm	\$4 res. \$6 non res.

Computer Classes

Computer Basics I The computer classes are given in a two day period and you must be able to attend both days.	Registration begins January 1	M, W T, TH M, W M, W T, TH T, TH	2/2 & 2/4 2/17 & 2/19 3/9 & 3/11 3/30 & 4/1 4/21 & 4/23 5/12 & 5/14	9:00 am — 12:00 pm	\$35 res. \$53 non res.
	Computer Basics II	M, W T, TH T, TH M, W M, W W, F	2/9 & 2/11 3/3 & 3/5 3/24 & 3/26 4/13 & 4/15 5/4 & 5/6 5/27 & 5/29	9:00 am — 12:00 pm	\$35 res. \$53 non res.
	Internet Basics	M, W T, TH M, W T, TH	2/16 & 2/18 3/17 & 3/19 4/6 & 4/8 5/5 & 5/7	9:00 am — 12:00 pm	\$35 res. \$53 non res.
	Email	T, TH T, TH	2/24 & 2/26 3/31 & 4/2	9:00 am — 12:00 pm	\$35 res. \$53 non res.
	Making Slideshow Memories (3 days)	M, W, F	2/23, 2/25, 2/27	9:00 am — 12:00 pm	\$55 res. \$82 non res.
	Fixing your Photos	M, W	3/23 & 3/25	9:00 am — 12:00 pm	\$35 res.



CITY OF FORT LAUDERDALE

2009 Spring Facility Guide

Beach Community Center
3351 NE 33rd Avenue
Fort Lauderdale, FL 33308
Phone: 954-828-4610
www.fortlauderdale.gov/life

OUR MISSION

To provide the opportunity to experience fun and rewarding recreation programs, event and leisure activities, in an aesthetically pleasing and safe environment accessible to all.

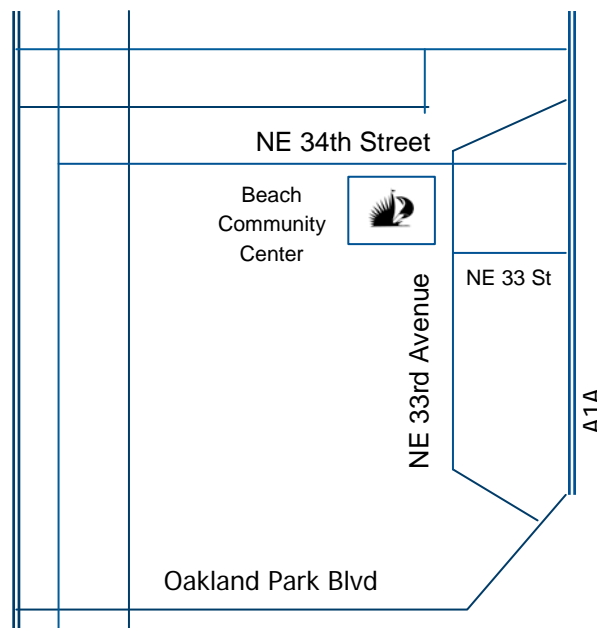
HOURS OF OPERATION

Monday– Thursday 8:30am-6:00pm
Friday 8:30am-5:00pm

REGISTRATION HOURS

Monday– Friday 8:30 am-2:30 pm
Monday & Wednesday 5:30 pm-7:00 pm

DIRECTIONS



If you would like this publication in an alternative format (large print or audio tape), or if you need reasonable accommodation to participate in this event, please contact Stephanie Brady at 954-396-3696 or sbrady@fortlauderdale.gov at least seven business days prior to the event.



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